

#	Therapeutic Application	Author and Title	FS/Vegan
1	Stress & Anxiety	A prospective, randomized double-blind, placebo-controlled study of the safety and efficacy of a high-concentration full-spectrum extract of ashwagandha root in reducing stress and anxiety in adults.   <i>Indian journal of psychological medicine</i>	Full Spectrum
2	Male Sexual Function	Clinical Evaluation of the Spermatogenic Activity of the Root Extract of Ashwagandha ( <i>Withania somnifera</i> ) in Oligospermic Males: A Pilot Study.   <i>Evidence-based complementary and alternative medicine</i>	Full Spectrum
3	Muscle Strength and Recovery	Examining the effect of <i>Withania somnifera</i> supplementation on muscle strength and recovery: a randomized controlled trial  <i>Journal of the International Society of Sports Nutrition</i>	Full Spectrum
4	Sexual Function in Women	Efficacy and Safety of Ashwagandha ( <i>Withania somnifera</i> ) Root Extract in Improving Sexual Function in Women: A Pilot Study  <i>BioMed research international</i>	Full Spectrum
5	Cardiorespiratory Endurance	Efficacy of Ashwagandha ( <i>Withania somnifera</i> [L.] Dunal) in improving cardiorespiratory endurance in healthy athletic adults  <i>Ayu</i>	Full Spectrum
6	Memory and Cognition	Efficacy and Safety of Ashwagandha ( <i>Withania somnifera</i> (L.) Dunal) Root Extract in Improving Memory and Cognitive Functions  <i>Journal of dietary supplements</i>	Vegan
7	Body Weight Management	Body Weight Management in Adults Under Chronic Stress Through Treatment with Ashwagandha Root Extract: A Double-Blind, Randomized, Placebo-Controlled Trial  <i>Journal of evidence-based complementary &amp; alternative medicine</i>	Vegan
8	Subclinical Hypothyroidism	Efficacy and Safety of Ashwagandha Root Extract in Subclinical Hypothyroid Patients: A Double-Blind, Randomized Placebo-Controlled Trial  <i>Journal of alternative and complementary medicine</i>	Vegan
9	Sleep and Anxiety	Efficacy and Safety of Ashwagandha ( <i>Withania somnifera</i> ) Root Extract in Insomnia and Anxiety: A Double-blind, Randomized, Placebo-controlled Study   <i>Cureus</i>	Full Spectrum
10	Stress & Anxiety	Adaptogenic and Anxiolytic Effects of Ashwagandha Root Extract in Healthy Adults: A Double-blind, Randomized, Placebo-controlled Clinical Study   <i>Cureus</i>	Vegan

11	Elderly Health	Efficacy and Tolerability of Ashwagandha Root Extract in the Elderly for Improvement of General Well-being and Sleep: A Prospective, Randomized, Double-blind, Placebo-controlled Study  <i>Cureus</i>	Vegan
12	Sleep and Anxiety	Clinical evaluation of the pharmacological impact of ashwagandha root extracts on sleep in healthy volunteers and insomnia patients: A double-blind, randomized, parallel-group, placebo-controlled study  <i>Journal of Ethnopharmacology</i>	Vegan
13	Safety	Safety of Ashwagandha Root Extract: A Randomized, Placebo-Controlled, Study in Healthy Volunteers  <i>Complementary therapies in medicine</i>	Vegan
14	Cardiorespiratory Endurance	A double-blind, randomized, placebo-controlled trial on the effect of Ashwagandha ( <i>Withania somnifera</i> Dunal.) root extract in improving cardiorespiratory endurance and recovery in healthy athletic adults  <i>Journal of Ethnopharmacology</i>	Vegan
15	Perimenopause	Effect of an ashwagandha ( <i>Withania Somnifera</i> ) root extract on climacteric symptoms in women during perimenopause: A randomized, double-blind, placebo-controlled study  <i>Journal of obstetrics and gynaecology research</i>	Vegan
16	Male Sexual Function	Effect of Ashwagandha root extract on sexual function and testosterone levels in males: A randomized, double-blind, placebo-controlled study  <i>Health Science Reports</i>	Vegan
17	Muscle Strength and Recovery	Effect of Ashwagandha root extract on muscle strength and recovery in people undergoing resistance training: A randomized, placebo-controlled, double-blind clinical study	Vegan
18	Resistance training and Inflammatory and Immune markers	Effect of Ashwagandha root extract on inflammatory and immune markers in healthy athletic adults undergoing resistance training: A randomized, placebo-controlled, double-blind clinical study.	Vegan
19	Post Covid-19 Complications	Evaluation of Ashwagandha Standardized Extract for its effect on the quality of life (QoL) in patients during the post-COVID19 period: A Prospective, Randomized, Placebo-Controlled Study	Vegan
20	Stress and Anxiety – Multi-continent study	Prospective, Randomized, Multi-centric, Double-Blind, Placebo-Controlled Study Evaluating the Efficacy and Safety of KSM-66 Ashwagandha ( <i>Withania somnifera</i> ) in Adults Experiencing High Stress and/or Anxiety	Vegan

21	Memory and Cognition - Adults	Effects of KSM-66 Ashwagandha on cognition, energy, and mood in adults with self-reported, cognitive and energy problems: a randomized, double-blind, placebo-controlled study	Vegan
22	Memory and Cognition - Children	Effects of KSM-66 Ashwagandha on memory, attention, executive function, and sleep in children: a randomized, double-blind, placebo-controlled study	Vegan
23	Immune Boost	A Prospective, Double-Blind, Randomized, Parallel, Single-Center, Two-Arm, Placebo-Controlled Clinical Study to Assess the Efficacy and Safety of KSM-66 Ashwagandha® capsule (300 mg) on Immune Function Enhancement and Quality of Life (QoL) in Healthy Subjects	Vegan
24	Subclinical Hypothyroidism	A Prospective, Double-Blind, Randomized, Parallel, Single-Center, Two-Arm, Placebo-Controlled Clinical Study to Assess the Efficacy and Safety of KSM-66 Ashwagandha® capsule (300 mg) on Subclinical Hypothyroidism	Vegan
25	ADHD in children	A Prospective, Double-Blind, Randomized, Parallel, Single-Center, Two-Arm, Placebo-Controlled Clinical Study to Assess the Efficacy and Safety of Ashwagandha Root Extract (150 mg) for Management of Mild Form of Attention Deficit Hyperactivity Disorder (ADHD) in Children and Adolescents.	Vegan
26	Frailty in Older Adults	A Double-Blind, Randomized, Parallel, Single-Center, Two-Arm, Placebo-Controlled Clinical Study to Assess the Efficacy and Safety of KSM-66 Ashwagandha® Capsule (300 mg) in Management of Frailty in Older Adults	Vegan
27	Menopause	A Prospective, Double-Blind, Randomized, Parallel, Single-Center, Two-Arm, Placebo Controlled Clinical Study to Assess the Efficacy and Safety of KSM-66 Ashwagandha® capsule (300 mg) on Menopause Symptoms	Vegan
28	Male Sexual Function	A Prospective, Randomized, Double-Blind, Placebo-Controlled, Clinical Study to Evaluate the Efficacy of KSM-66 Ashwagandha® capsule (300mg) for Improving Sexual Health in Healthy Men.	Vegan
29	Female Sexual Function	A Prospective, Randomized, Double-Blind, Placebo-Controlled Clinical Study to Evaluate the Effects of KSM-66 Ashwagandha® capsule (300mg) on Sexual Health in Healthy Women.	Vegan
30	Hair and Skin Care (Beauty from within)	A Prospective, Randomized, Double-Blind, Placebo-Controlled Clinical Study to Evaluate the Effects of KSM-66 Ashwagandha® capsule (300 mg) on Skin and Hair Health in Healthy Men and Women	Vegan

31	Hair Health	A clinical study to evaluate the efficacy and safety of Ashwagandha topical formulation in healthy adult humans on hair health - A Prospective, Randomized, placebo-controlled study.	Vegan
32	Skin Health	A Randomized, Parallel-group, Double-blind, Placebo-Controlled clinical study to evaluate the Cosmetic benefits and Safety of Ashwagandha topical lotion in Photo-Aged Healthy Subjects	Vegan
33	Menopause	Efficacy and Safety of KSM66 Ashwagandha (Withania somnifera) for Menopausal symptoms in women: A prospective, Randomized, Double-Blind, Placebo-Controlled Study	Vegan
34	Stress and Weight Management	Efficacy and safety of KSM-66 Ashwagandha root extract in the Body Weight Management in Adults Under Chronic Stress: A Double-Blind, Randomized, Placebo-Controlled Trial.	Vegan
35	ADHD in Children	A Randomized, Parallel-group, Double-blind, Placebo-Controlled clinical study to evaluate the efficacy and safety of KSM-66 Ashwagandha for the management of mild form of attention deficit hyperactivity disorder (ADHD) and to evaluate its effect on calming, concentration, focus, and relaxation in children and adolescents.	Vegan
36	Stress, Anxiety, and Sleep	A Randomized, Parallel-group, Double-blind, Placebo-Controlled clinical study to evaluate the efficacy and safety of KSM-66 Ashwagandha in reducing stress and anxiety and improving sleep in adults.	Vegan
37	Immunity in Children	A Randomized, Parallel-group, Double-blind, Placebo-Controlled clinical study to evaluate the efficacy and safety of KSM-66 Ashwagandha on Immune function enhancement in children during the cold season.	Vegan
38	Long Term Safety Study	A clinical study to evaluate the long-term safety of KSM-66 Ashwagandha root extract	Vegan
39	Sleep in Adults	A Three-arm, placebo-controlled, randomized clinical trial evaluating the efficacy and safety of KSM-66 Ashwagandha on quality of sleep in adults.	Vegan
40	Male Sexual Function	A Prospective, Randomized, Double-Blind, Placebo-Controlled, Clinical Study to Evaluate the Efficacy of KSM-66 Ashwagandha root extract for Improving Sexual Health in Healthy Men.	Vegan

41	Female Sexual Function	A Prospective, Randomized, Double-Blind, Placebo-Controlled Clinical Study to Evaluate the Effects of KSM-66 Ashwagandha root extract on Sexual Health in Healthy Women.	Vegan
42	Hair Health	A clinical study to evaluate the efficacy and safety of Ashwagandha topical formulation in healthy adult humans - A Prospective, Randomized, placebo-controlled study.	Vegan
43	Skin Health	A Randomized, Parallel-group, Double-blind, Placebo-Controlled clinical study to evaluate the Cosmetic benefits and Safety of Ashwagandha topical lotion in Healthy Subjects	Vegan